



# shanti yoga

yoga classes **october 1, 2014 - january 30, 2015**

## MONDAY

9 – 10:25 am	jodi	asana + meditation ~ all levels
6 – 7:25 pm	ingrid	asana + meditation ~ all levels (live music by Lee Z . 2 <sup>nd</sup> Mon. 10/13, 11/10, 12/8, 1/12)

## TUESDAY

8:45 – 9:45 am	jodi	semi-private class (schedule in advance)
10 – 11:25 am	claudia	gentle yoga ~ all levels

## WEDNESDAY

9 – 10:25 am	jodi	asana + meditation ~ all levels
6 – 7:25 pm	courtney	winter prep yoga ~ level 2 (10/1 - 11/19)
	cyndy	winter prep yoga ~ all levels (11/26 - 1/28)

## THURSDAY

6 – 7:25 am	kirsten	rise & flow ~ all levels
8 – 9:25 am	cyndy	asana + meditation ~ all levels
9:30 – 10:30 am	jodi	semi-private class (schedule in advance)

## FRIDAY

9 – 10:25 am	jodi	gentle yoga ~ all levels
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## SATURDAY & SUNDAY

TBA	various	restorative yoga and other workshops
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there's more... ➡

*Meditation is not a way of making your mind quiet. It is a way of entering into the quiet that is already there, buried under the 50,000 thoughts the average person thinks every day.*

— Deepak Chopra

## class descriptions

### asana & meditation

A creative blend of various forms of Hatha Yoga that unite clear principles of alignment and energetic movement while focusing on developing greater levels of awareness.

### gentle yoga

Combines gentle yoga postures, breathing, and meditation. Created for students who enjoy moving at a relaxed pace.

### winter prep yoga

This class targets strength, balance and flexibility for winter sports enthusiasts.

### restorative yoga

Restorative Yoga deeply relaxes and rejuvenates the body. A series of carefully sequenced, gentle poses trigger a set of physiological changes that allow your body, mind, and spirit to recover from the effects of stress.

### life coaching sessions

Life coaching sessions with Jodi embody an innovative and meaningful approach to personal growth and living more of your heart's desire. Jodi is a certified life and career coach and has an MA in Spiritual Psychology.

## class fees

drop-ins .....	\$15
5 class pass (valid for 2 months) .....	\$60
10 class pass (valid for 2 months) .....	\$100
private yoga session (check for specials) .....	\$95
mat rental.....	\$2/class

Life Coaching session ..... \$95

## shanti news

### yoga retreat in costa rica

March 21-28, 2015

See [shantiyogamontana.com](http://shantiyogamontana.com) for details.



### teacher training 2014/2015

Next teacher training begins October 10 — see [shantiyogamontana.com](http://shantiyogamontana.com) for all the details.

### studio closed

Thanksgiving: 11/27  
Christmas: 12/24-25  
New Year: 12/31-1/1\*

\* Special New Year's  
Day class 12-2 pm.



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